

WELLNESS POLICY

KASC NOTE: Includes Kentucky legal requirements for K-5.

For all schools with students participating in free/reduced lunch program, be sure this policy is aligned with the district wellness policy required by the federal law, *Healthy, Hunger Free Kids Act*.

PHYSICAL ACTIVITY PLAN

All students will participate in moderate to vigorous physical activity each day, as follows:

1. **Each student will engage in** at least *[put in number]* minutes of planned **moderate to vigorous physical activity each day**. With input from the staff, the principal (or principal designee) will work out how this will be implemented. The arrangements must fit within the limits of our building and staffing and be compatible with our school improvement plan.
2. *[adapt to your master schedule]* Each student will participate in physical education class once a week.
3. **(Elementary)** Each student will have at least *[put in number]* minutes a day of supervised recess. Weather permitting, recess will occur outdoors as often as possible, and teachers will encourage the students verbally to engage in moderate-to-vigorous physical activity. The school will provide space and equipment to make that activity possible and appealing to students.
4. In keeping with brain-based research, teachers will make all reasonable efforts to avoid periods of more than 30 minutes when students are physically inactive. When possible, physical activity will be integrated into learning activities. When that is not possible, students will be given periodic breaks during which they are encouraged to stand and move in some form.
5. *[adapt to your level]* Students will not be deprived of recess or other physical activity as a consequence for behavior or academic performance.
6. Appropriate accommodations will be made for students with special needs, as required by law and sound professional judgment.

HEALTHY CHOICE PLAN

We will **encourage healthy choices among students using the following methods:**

1. Implementing the nutritional standards required by federal and state laws and regulations that apply to our food program and to other food and beverages available during the school day. *(Note: There are very specific guidelines the district must follow; be sure your policy and actions are in line with district rules.)*
2. Implementing a curriculum that addresses the standards for health education, physical education, and consumerism.

[OPTIONAL] GUIDELINES FOR FOOD OUTSIDE THE CAFETERIA

NOTE: To help promote healthy nutrition, consider adding guidelines/rules/procedures for food that may come into the school but is not connected to the federal food programs. Check with the District Food Service Director to ensure these guidelines align with your District Wellness Policy.

ASSESSMENT TOOL

We will **assess students' level of physical activity and physical fitness at least once a year** using the following procedures:

1. The principal (or designee), with collaboration from teachers and parents with wellness expertise, will select an assessment tool. Once the council has adopted a tool, it will remain in use unless the principal (or designee) recommends a change.
2. The principal (or designee) will develop a schedule for completing the assessment during the last month of school.
3. The principal will report the results of the wellness assessment data to the council annually.
4. The council in coordination with *[insert committee name]* will discuss the results of the report and decide if appropriate wellness goals are included in the school improvement plan or if they need to be added or revised.

POLICY IMPLEMENTATION

The provisions of this policy will be implemented to comply with provisions required by federal law, state law, and local board policy. If any specific requirement above does not fit with those rules, the principal will notify the council so that the policy can be amended to fit.

The principal may be asked to share the data collected according to this policy with the district office and/or the Kentucky Department of Education.

PROGRAM EVALUATION

A Coordinated School Health Committee *[or insert committee name]* will collect and analyze data to be used as a support and resource for collaboration and integration of practical living instruction throughout the school environment.

The council will evaluate the effectiveness of this policy based on the feedback from Coordinated School Health committee *[or insert committee name]* and through our annual school improvement planning process.

POLICY EVALUATION

We will evaluate this policy through our annual policy review process.

Date(s) Adopted, Reviewed, or Revised:



LEGAL REQUIREMENTS:

- This policy is required by law.
- Specific components must be included in the policy (see below).
- ***Bold italics*** show required components and/or language directly from the law.
- Your policy can meet the requirements in ways that differ from KASC's samples, but your policy language can't contradict the law.

LAW IN A BOX:

SBDM Responsibility (SBDM Law — KRS 160.345)

(11) Each school council of a school containing grades K-5 or any combination ... shall develop and implement a wellness policy that includes moderate to vigorous physical activity each day and encourages healthy choices among students. The policy may permit physical activity to be considered part of the instructional day, not to exceed 30 minutes per day, or one hundred and 150 minutes per week. Each school council... shall adopt an assessment tool to determine each child's level of physical activity on an annual basis. The council ... may utilize an existing assessment program. The Kentucky Department of Education shall ... report to the Legislative Research Commission no later than November 1 of each year on how the schools are providing physical activity under this subsection and on the types of physical activity being provided. The policy developed by the school council ... shall comply with provisions required by federal law, state law, or local board policy.

The USA Healthy, Hunger Free Kids Act

Federal law requires the district to have a local Wellness Policy in place for each school under its jurisdiction. Check with your District Food Service Director to ensure your school Wellness Policy aligns with your District Wellness Policy. [Middle schools \(without 5th grade\) and high schools are encouraged to have an SBDM wellness policy, but the federal requirement is that local board of educations have a policy covering middle and high school. Ensure district policies are followed.](#)